

## FEATURED NEWS



DIANA LENTO/SPECTRUM

**Waffles and Milkshakes  
and Fries, Oh My!**  
Food review on JP's Diner



MISSY O'ROURKE/SPECTRUM

**Dance Program Sleighs the  
"Midnight Cabaret"**

Read about the dance program Winter performances

## TWEETS OF THE WEEK

**@carolineking\_**

"It's that time of year when you're skipping classes to do homework for other classes."

**@shanguerin**

"99% of my problems come from walking into Marshalls claiming 'I won't get anything'."

**@samanthamayss**

"I need at least 24 dogs to get me through this week."

## UPCOMING EVENTS

- 12-9** SHU Band Presents "Holiday Voyage" Edgerton Theater 7 p.m.
- 12-10** A Choral Christmas Extravaganza Edgerton Theater 2 p.m.
- 12-12** Finals Begin Good Luck!

## FAKE NEWS Or Not?

**SHU Spring Concert is KidzBop**

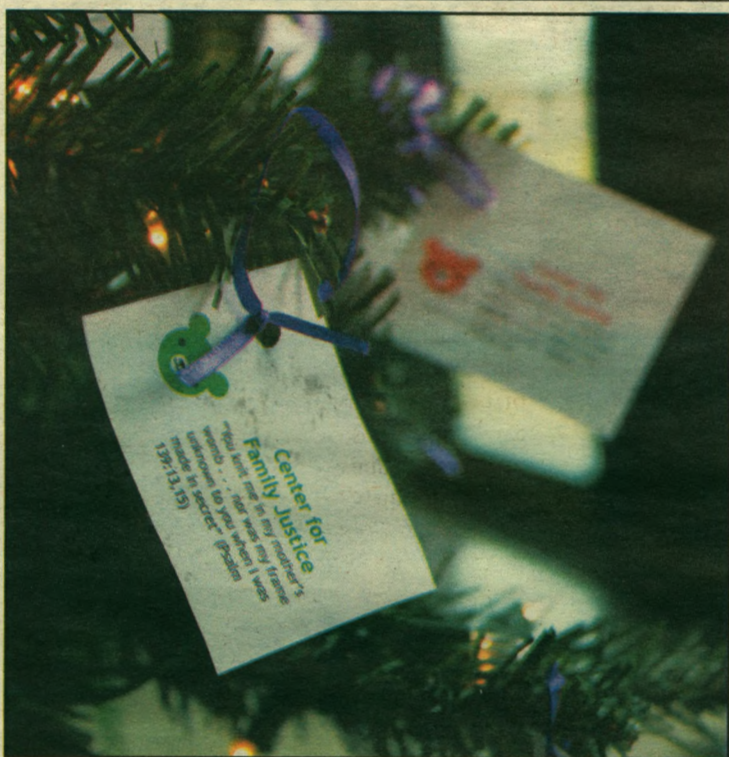
Sacred Heart's Spring 2018 concert is officially.....

**KidzBop featuring Lil Wayne and Post Malone.**

Stay tuned for an email confirmation with ticket sale details, as well as the date and time of the show.



"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



GRAHAM O'DWYER/SPECTRUM

THE SACRED HEART COMMUNITY HAS COME TOGETHER DURING THE HOLIDAY SEASON TO GIVE BACK IN MANY DIFFERENT WAYS.

## Sacred Heart Students Participate in the Season of Giving

BY GRAHAM O'DWYER  
Staff Reporter

'Tis the season of giving here at Sacred Heart, and many students and organizations are getting into the holiday spirit.

Working alongside the Make-A-Wish Foundation, Chi Omega hosted their annual Holiday Boutique Bazaar in the Edgerton Atrium on Nov. 30. The Boutique Bazaar is a place where students can buy gifts for the holidays and shop around while supporting Chi Omega's philanthropy.

"Each week at our chapter meetings we remind our sisters that it is the time to give back and put a smile on someone else's face," said junior and Chi Omega member Lauren Petrozzi.

Because Chi Omega has teamed up with Make-A-Wish, 20-25 percent of the total proceeds from the event will go to the foundation. Chi Omega is also having participants write letters to Santa which will be delivered to Macy's, and for every letter, \$2 will be donated by the store to Make-A-Wish.

The Sacred Heart office of Volunteer Programs and Service Learning (VPSL) has also been busier with the upcoming holidays. Last week, they completed their annual canned food drive in support of St. Charles Parish in Bridgeport. VPSL works in cooperation with Student Government's Turkey Drive to provide Thanksgiving meals to hundreds of families in neighboring communities.

"The VPSL office also coordinates the 'Adopt-a-Family' drive to collect gifts and food

for Bridgeport families through St. Charles Parish and Golden Hill Methodist Church, which are two of our community partners. Academic departments, clubs and organizations across campus contribute to help us give gifts to 75 families," said Anne Wendel, Assistant Director of VPSL.

One group on campus providing significant contributions to VPSL's Adopt-a-Family drive is the Sacred Heart Choir. The Choir adopts a family every year through VPSL and also gets Sacred Heart into the Christmas spirit with their two upcoming, festive events.

"First is this weekend at Lessons and Carols where we perform as part of the service. We also are performing a Christmas concert about Christmas around the world, celebrating the different cultures and ways Christmas is celebrated," said Sarah Riccio, President of Sacred Heart Choirs.

Campus Ministry is another organization that is active in the community during the holiday season. As an organization that focuses on giving back, Campus Ministry is collecting care packages for veterans along with organizing their annual Advent Giving Tree. Located in the chapel, the Advent Giving Tree is decorated with ornaments listing donations that are asked for by the Center for Family Justice in Bridgeport.

"All donations can be returned to Campus Ministry, or underneath the tree, before Christmas Break," said Campus Minister Devon McCormick.

## State Lawmakers Gather for "Connecticut Crossroads"

BY MICHAEL BARRY  
Staff Reporter

On Nov. 28, seven state lawmakers, a mix of Democrats and Republicans, gathered in the Martire Forum for "Connecticut at the Crossroads: A Conversation about the State's Present and Future."

The event's panel included Rep. Laura Devlin (R), Sen. Bob Duff (D), Sen. Tony Hwang (R), Rep. Brenda Kupchick (R), Rep. Cristin McCarthy-Vahey (D), Rep. Steve Stafstrom (D), and Sen. Toni Boucher (R).

The state legislators spoke on the current state of affairs in Connecticut, including the state budget crises of recent years, the state of the economy, the state's quality of life, and the cost of living. Discussing the recent bipartisan state budget in Hartford, the legislators said teamwork is the key to moving forward.

"As lawmakers, it is vital for us to foster a bipartisan dialogue about the best way to move our state forward. We must demonstrate a willingness to listen and learn from each other, no matter our political affiliation," said Stafstrom at the event. "We need to focus on what unites us rather than what divides us."

Stafstrom also stressed the importance of working together not only at the state level, but at the federal level as well.

"By putting our differences aside, we can work towards a common goal—making Connecticut an even better place to live and raise a family," he said. "This approach not only applies to state government. Lawmakers on the federal level need to find a way to work together and set a strong example of bipartisanship rather than voting solely along party lines."

The state of Connecticut ranked last in fiscal health in June 2016, according to a study by George Mason University, and last in job creation in 2014, 2015, and 2016.

"I think we spend too much, we tax too much, and we are non-transparent with how we govern," said Hwang at the event. "We need to stop spending, we need to stop taxing, we need to make cuts, and we are operating

with one hand tied behind our back."

According to USA Today, the cost of living in Connecticut is higher than the national average. In Hartford, the cost of living is 21 percent higher than the national average.

"State government continues to invest in projects like senior housing, public education and our environment, because not only do these items symbolize the great quality of life that we enjoy here in Connecticut, but they are also economic engines for the region, supporting jobs, educational excellence and affordable housing," said Duff in a statement released earlier this year.

Because of events such as this one, Sacred Heart University's Institute for Public Policy is gaining a reputation among policymakers as a credible source for research and analysis about Connecticut government and politics. The Sacred Heart Institute plans to broaden its reach to include the general public.

"The Institute also houses within it a Polling Institute," said Dr. Lesley DeNardis, director of the Master of Public Administration and Global Studies programs.

"And we have launched the Polling Institute to gauge public opinion that is focused solely on policy issues and how they affect residents in Connecticut," she said. "We found that there was a decided lack of policy research and public opinion polls just focused solely on Connecticut and its difficult challenges."

The topics discussed at the forum were not only relevant to the state conversation, but also to a national one.

"At this very moment, our political leaders in Washington are coming close to a decision on a whole range of proposals for revision of the tax code," said Professor Joseph Alicastro, coordinator of the News and Broadcasting Masters in Communication program. "The decisions made in Washington will have an effect on all of the states and all individuals. One issue that should be of interest to students contemplating graduate school is the federal tax proposal to tax graduate assistant income."



HENRY INDICATOR/SPECTRUM

ON NOV. 28, SEVEN STATE LAWMAKERS, GATHERED IN THE MARTIRE FORUM FOR "CONNECTICUT AT THE CROSSROADS: A CONVERSATION ABOUT THE STATE'S PRESENT AND FUTURE."

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# News

## Sacred Heart Gets Festive with Annual Christmas Tree Lighting



STUDENTS GATHERED ON THE QUAD THE ANNUAL CHRISTMAS TREE LIGHTING, RINGING IN THE START OF THE HOLIDAY SEASON.

ANTHONY DELVECCHIO/SPECTRUM

### Holiday Wordsearch

F	D	B	V	Q	A	I	H	B	A	T	O	B	Y	D
D	C	K	L	H	X	H	N	A	S	O	R	X	M	Y
S	V	Z	I	U	G	I	F	T	S	M	L	E	K	E
H	S	R	L	H	Q	O	N	L	Z	K	U	P	E	Q
J	E	E	X	P	Y	E	K	W	A	N	Z	A	Z	S
S	O	C	K	F	M	V	A	F	W	C	E	F	F	T
T	K	G	H	A	S	A	Q	J	U	U	D	U	E	H
H	U	M	N	R	L	H	F	K	E	M	A	Q	R	G
A	T	R	I	I	I	F	Q	X	E	P	S	H	G	I
N	O	I	M	B	K	S	W	A	V	H	A	O	U	L
U	Y	H	J	C	A	C	T	O	V	N	N	X	G	Y
K	A	X	B	O	L	N	O	M	N	H	T	C	B	L
K	A	U	G	W	O	P	S	T	A	S	A	Z	X	Y
A	O	J	B	E	M	P	W	Q	S	S	A	U	G	I
H	A	K	J	A	J	B	H	T	A	E	R	W	W	X

- CHRISTMAS
- KWANZA
- HANUKKAH
- LIGHTS
- TREES
- SANTA
- GIFTS
- STOCKING
- WREATH
- ORNAMENT
- SNOWFLAKES

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# Perspectives

## Winter Break Plans

She Said

CHRISTINA...



As the fall semester comes to an end we get closer to every college student's favorite time of year-winter break.

It's that important period of time between fall and spring semester where students get a month off to go back to their hometowns and celebrate the winter holidays.

My typical winter break is one that a majority of college students also experience.

I know I use it as a time to catch up on all the sleep I've missed out on or lost during finals week. I also use it as an opportunity to work and earn extra money because I have quickly learned over the years that college makes you poor.

But I also get to celebrate Christmas and New Years with my family and its also the best time to reconnect with hometown friends, because it's the first time since summer everyone is back in town together.

Even though I live in Connecticut, I'm not in love with the idea of cold weather or snow, so I also use break as an excuse to find a new show to watch on Netflix and binge watch it for the entire month to avoid walking outside on the days I don't need to.

We all look forward to getting that break from school and letting our brains rest.

However, for me, this winter break will be one that is not so typical to my winter breaks in the past three years.

This past summer my parents offered for my house mates and myself to go to their timeshare during our winter break. So, the four of us are embarking on a trip in January to Aruba.

After hearing about this I immediately jumped into our group chat and began to find out if everyone was going to want to go. I knew it would be a difficult thing to plan if I waited too long to inform everyone because they always have plans during their breaks with family. After a lot of convincing, talking and planning the three all made

the executive decision to join along on my vacation.

The next step for us was cheap flight hunting. My mom quickly became the person looking everyday for flights and trying to find the best flights for the cheapest prices. We ended up finding a really good deal on flights in the beginning of August and once we booked them there was no going back from there.

The anticipation of vacation is something that gets you all too excited for the adventure ahead.

The four of us have been anticipating this trip since August and now as I am currently writing this it is only 34 days away. Before fall semester even began, we have been awaiting this trip, it has been months, but it feels like it's been a lifetime.

Even though we have been awaiting it, there is the reality that we have run into that we are not going on a spring break trip like all of our other classmates in March.

I don't think it's usual for friends to take their big trip with each other for senior year during winter break. But my friends and I have decided that we aren't doing anything outrageous for spring break because of this trip to Aruba.

We are still poor college students and that's the reality of it, if it weren't for my parents allowing us to use their timeshare I don't think we would be going in January at all. Something you don't realize when you are young is how expensive traveling can be and two trips within three months just doesn't seem reasonable at the moment on a college students budget.

So while everyone else in the world is taking their trips in March, going to places like Cancun and New Orleans, my house mates and I will most likely be spotted hanging out in Bridgeport with each other because we have already had our fun in January. But we are okay with that.



He Said

BRYAN...

Some people like to stay home over winter break, maybe even take an online class, and some like to travel the world. Through Sacred Heart's Global Studies program, I was given the opportunity to travel to India to study Global Health in the Rural town of India called Jamkhed.

This experience will greatly differ from the typical holiday season at home.

Instead of attending a New Year's Eve party, I will be watching a traditional ceremony involving a snake charmer.

While abroad I will also be working on projects that focus on issues involving the community. I have never experienced a full college winter break. Between returning two weeks early for track and field, and now traveling abroad, I guess I will never really know what it's like to be home for the entire break.

However, I feel no regrets in regard to that. If there is ever a time to travel and see the world it is now. In the future, vacation days will be hard earned and tough to come by.

As the saying goes, if not now when? While in college there is no better time to broaden your horizons and experience different cultures. These trips are both educational and provide you with an experience that you will never forget.

To top off these trips, they are comparatively affordable, as well. Although staying at home and seeing friends may be fun, everything becomes repetitive especially if you are from a small town like me.

I am excited to leave the northeast and travel to India, because it will be a massive change in pace. Compared to being at home, I would take going abroad any day of the week. Although it can be scary being so far from home in a under developed country, the experience and the lessons learned greatly overwhelm the risks of the trip.

Our trip is aiming to make a large impact in the school

community in the surrounding schools of Jamkhed. Due to cultural beliefs and stigmas revolving around feminine hygiene, girls attending school often do not attend while menstruating causing them to become behind in classes, therefore creating an educational gap due to gender related issues.

Our partnership with Days For Girls is bringing 40 reusable Days for Girls kits, which will in turn be able to keep girls in school without having to deal with the stigma resulting from menstruation.

These kits are hand sewn and are made from a fleece like fabric that in combination with other components acts as an absorbent.

The best part about these kits is they are hand washable and come with their own bar of soap. This allows them to last for years, keeping these girls in school to stay on track with their peers.

Although traveling abroad may be out of my comfort zone, I am confident that making an impact in other people's lives will greatly outweigh any thoughts of uncertainty.

Rather than staying at home and doing the same thing I did for 18 years, I am glad to take the opportunity to see the world while helping to improve other people's lives.

DAYS  
FOR  
GIRLS  
INTERNATIONAL

## What Was Your Best/Worst Christmas Gift?



BEST

"24 piece drum set, all different brands. Just kind of bought and pieced it together" - senior James Haynal



"GameBoy Advance SP" - senior Brendan Walsh

"I once got a matching Hello Kitty sweatsuit." -Christie Wukovits senior

WORST

"A Dora the explorer outfit when I was 13 years old from my aunt" - junior Caroline Barry

"My Grammy got me a book on how to speak Pennsylvania Dutch." senior Sam Bartol

"My dad got me a nose hair trimmer last year." - senior Liza Peressini

"When I was 15, I was given a color-by-numbers kit by a friend. On the box in big letters it said 'for ages 3-8' and the picture was of some kid's cartoon. I donated it" - senior Isabel Rodriguez





# Perspectives

## ‘Tis The Season

BY DOMINICK DANIELE  
Staff Reporter

When you think of the month of December, it is difficult to not think about Christmas. Maybe it is because of almost every store displaying Christmas trees, wreaths with bright lights hanging up outside while the snow and cold air scatter around.

“I really enjoy buying gifts, setting up the Christmas tree, and spending time with my family,” said junior Ryan Kulish.

Although the popular holiday of Christmas is very well advertised and celebrated throughout the world, there are other holidays in December that receive attention.

One of these holidays is Hanukah. Hanukah is the holiday that is celebrated by those who are of the Hebrew faith.

“When my family celebrates Hanukah, we light a candle on the Menorah every night until the 8th night and we say blessings before they are lit, said junior John Goodnough. We also recite special prayers.”

Since the celebration of Hanukah lasts for eight days, it begins on Dec. 12th and ends on Dec. 20th.

Oil is very sacred when it comes to Hanukah because a tiny amount of olive oil was miraculously used to light the eight candles, according to Prof. of Theological Studies Daniel Rober. It is a tradition to eat foods fried with oil.

“My favorite are the potato latkes,” said Goodnough. “My family also makes the traditional Israeli jelly-filled doughnut.”

Surprisingly, Hanukah is actually not the most important feast of the Jews, says Rober.

“It became a more popular feast in the United States as Jews became more involved in United States culture,” said Rober. “It offered an alternative to the popular holiday of Christmas.”

Kwanzaa is also another holiday in December that many people recognize, but do not know much about. Kwanzaa begins on Dec. 26th to Jan. 1st.

This holiday represents the celebration of the Civil

rights movement and African heritage in the United States.

According to Prof. of Theology and Religious Studies, June-Ann Greeley, the main tradition of the holiday is the family gathering together each night, lighting one candle a night until seven are lit. Once the candle is lit, there is a family reading and reflection on one of seven essential principles of Kwanzaa.

“It is a holiday like no other,” said Greeley. “It does not celebrate just history or a religious occasion. It focuses on the unity and well-being of the social community, social ethics, ecological consciousness, the pan-African heritage of African-Americans and the fusion of several distinct yet affiliated African traditions and cultural artifacts.”

Additionally, there are other Catholic holidays in December that do not get as much attention as Christmas, according to sophomore Erin Rederscheid.

“The main one is the feast of the Immaculate Conception,” said Erin Rederscheid. “It is the moment when God declares Mary free from original sin from the day of her conception. I think this is very important to celebrate because without Mary, there is no Jesus and therefore no Christmas.”

Some students do not take part of the Christmas traditions because of their different religious beliefs, but find ways to be positive. One of these students is junior Omar Abdo.

“I am Islamic, and we do not celebrate a holiday in December,” said Abdo. “It does feel strange when everyone is celebrating Christmas here because I did not grow up in that tradition, and I really don’t like the Christmas music, but everyone seems very happy during this time.”

Although Sacred Heart is a Catholic university, the school tries its best to include and accept everyone’s faith during the holidays.

“Here at Sacred Heart, we do a good job of both valuing the religious reality of Christmas and making sure every student feels included even if they are not someone who celebrates Christmas as a religious holiday,” said Rober.

## No Stress December: How to Survive Finals Week

BY LIANNA GRILLO  
Staff Reporter

After Thanksgiving break, on Sunday, November 26. Sacred Heart dorms re-opened and classes were back in session the next day. Students come back from Thanksgiving knowing that the next two to three weeks they are here are going to be rough ones, being that finals are approaching.

According to the Sacred Heart University finals schedule, finals officially end Saturday, Dec. 16. On Sunday Dec. 17, all dorm halls close and residents must leave by 10:00am. After this, students will most likely go home and celebrate the holiday season for the rest of the month of December into January. However, before students can even think about the holiday season they have to put their brain in finals mode, and prepare for all the work they are about to have.

According to Huffingtonpost.com music, friends, food, working out, study breaks, staying in, and deep breaths are some of the greatest tips for surviving finals. Huffington Post says that music is a great way to alleviate stress and improve your mood. They also state that studies show that non-lyrical music will improve your brain’s capacity to function.

Huffington Post also states how your friends can be an awesome resource. Studying with friends can keep you motivated and on the right track. When they mentioned food they mentioned how eating right during finals week is very important. They said that studies show that fish, eggs, and peanut butter boost concentration.

“During finals week I try to get all my work done ahead of time and pace myself, I take breaks by treating myself and getting my nails done when I have some free time. It is relaxing and a way to de-stress,” said senior Madison Peters.

According to goconqr.com, speaking out loud instead of just reading to study is proven to help you remember the material you studied. Teaching what you have learned to someone else is also proven to test if you really know something or not.

“I always stress eat during finals week, I know I should be eating healthy but I just always crave junk food,” said senior Danielle Tata.

Another fact according to goconqr.com is that taking regular study breaks help you absorb more information, but also keeps you more motivated and focused when you are working. They also stated that staying up all night before an exam is not a great idea because your brain assimilates information while you sleep, so you will remember the next day.

“I prepare for finals week by buying all of outtakes and stress eating, stopping by the diner for a milkshake as my study break,” said sophomore Sophia Tallarine.

Sacred Heart Universities math students are also offering a “Cocoa and Cram” gathering in HC 216 where they are offering free hot chocolate for students. Every year here, Chartwells also offers a delivery service to dorms consisting of Mac and cheese bites, mozzarella sticks, and other comfort foods students can eat while stressing over finals.

“My way of exercise during finals week is by carrying all my nursing textbooks up the hill by Linda’s to go back to Jhill. I am always at the library so much that I should just bring a sleeping bag there so I can study all night, wake up and study some more,” said Tallarine.

According to the Student Success Center, Sacred Heart University is now offering free online tutoring in different subject areas. Sacred Heart partnered with TutorMe.com and will be provided free face-to-face tutoring that can be accessed on any device at anytime.

So You Think You Know

## Christmas Films?

Here is a list of some popular Christmas films. They vary from drama, comedy, romance, children’s and horror.

- Rudolph The Red-Nosed Reindeer (1964)
- A Charlie Brown Christmas (1965)
- Dr. Suess’ How The Grinch Stole Christmas (1966)
- Frosty The Snowman (1969)
- Santa Claus Is Comin’ To Town (1970)
- A Christmas Story (1983)
- Gremlins (1984)
- Home Alone (1990)
- The Santa Clause (1994)
- Jingle All The Way (1996)
- Elf (2004)
- The Polar Express (2004)
- A Christmas Carol (2009)



## WOULD YOU LIKE TO HAVE YOUR POETRY IN PRINT?

Submit all works to our Perspectives editor, Giovanna Gatto, at gattog@mail.sacredheart.edu

Please include titles of pieces, your full name, and class year or title/position.



# Editorials

## meetTHESTAFF

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GIOVANNA GATTO  
2018

MANAGING EDITOR-MULTIMEDIA  
BRYAN KELLEHER  
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SPORTS EDITOR  
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ASST. SPORTS EDITORS  
KENDALL GREGORY  
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RYAN TOUHEY  
2019

ASST. SPORTS EDITOR (DIGITAL MEDIA)  
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PHOTOGRAPHY EDITOR  
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TESSA KIELBASA  
2019

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FACULTY ADVISOR  
PROF. JOANNE KABAK

## In Response to the Question “What Are Your Career Goals?”

GIOVANNA GATTO  
MANAGING EDITOR

The holiday season is a hard time for indecisive and career-confused college students. For the past four years I have returned home with the same struggle of seeing people who seem to have a great interest in where my life is going. My relatives, friends and neighbors all find it very important to ask me what my career goals are. What do you want to do with your life? Is it hard to get a job in your field?

And for the past four years I have repeatedly forgotten all of my social skills and word vomit by saying, “Uh yeah, I wanna make stuff.” Luckily people usually just nod and walk away because I have made them as uncomfortable as I was when they first asked the question. However, this dreaded interrogation has now followed me outside of my home in Philadelphia, Pennsylvania and crept into a interview that I recently went to.

During the interview I was asked that same question and it took everything in my might to keep from rolling my eyes and grunting in annoyance. I could tell my subconscious had an instant disapproval of this vague and unfair question. Thankfully I responded genuinely, and

exactly the way I had practiced 800 times in the mirror that morning. However, as we moved on from the question my mind started thinking about all of the people I know who stuck to their twenty-one-year-old career goals, and to my comfort very few knew exactly what their career would entail at that age. Sometimes people are lucky and understand exactly the steps that they want to take to get where they belong in life.

However, at my last internship I found that this was not the common response. During my time at this internship, I spent a lot of time talking one-on-one with people who worked in various departments. By doing this I strived to learn more about what got them to where they are today. My initial idea was that I could stitch together all of their paths and make one that worked for me, but instead I found that it was nearly impossible to follow in the footsteps of others.

Instead I learned about the alternative careers people had prior to their current role and how they used all of their experience to learn what they want out of a career. All in all, I learned that there is



no path. This was an important lesson because it became clear that when I verbalize what my “career goals are,” my response should just ensure the person questioning me that everything will be okay. It is my stamp of approval that I have something figured out even if I don’t know what that is yet.

So to answer the golden question: “What are your career goals?”

I plan to make things, forever. In production, through writing, online and in person. My goal is to impact others with my work, in my career and in my everyday life.

P.S. If a future employer is reading this one day, I also hope to grow as an individual though my work with \_\_\_\_\_ (insert company name here) and by furthering my passion for \_\_\_\_\_ (insert job title here).

One day I will fill in those blanks. But for now I’m just happy with letting life decide what comes next.



## A First Semester Progress Report

ALEXA BINKOWITZ  
EDITOR IN CHIEF

If asked, I would compare my rise on The Spectrum ladder to the well-known scene in “Harry Potter and the Goblet of Fire.” Harry didn’t put his name in the goblet, but he was chosen to compete in the Tri-wizard Tournament anyway.

Honestly, that’s really how I got here. The title below my name on this page kind of just fell into my lap, but I’ve always known that journalism was supposed to be a part of my life—really, it’s in my blood.

Also, journalism has really been under fire lately, which has only inspired me to work harder to create something great and everlasting. The truth is something that should always be fought for, in my opinion.

Despite the adjustment and the learn-as-you-go way of things, The Spectrum has opened a lot of doors for me this semester, so I thought I’d use this editorial opportunity to give you all, our loyal readers, an official first semester progress report on The Spectrum newspaper.

When we first began this year, we really wanted to give the newspaper that you all knew and loved a well-deserved facelift. We created a new, more professional and authentic layout, removed and changed some little details, and added some cool new features and sections that I’m pretty proud of. We’ve increased our website and social media traffic, and nearly doubled the size of our staff.

I truly would not be able to be like Harry

Potter in the Tri-wizard tournament without my amazing staff or Professor Kabak and her Newswriting and Reporting classes.

To my amazing and incredibly patient section editors (Victoria, Brendan, Sabrina, Anthony, Kelsey, Dante, Christina, Jordan, Meliha, Heather, Ryan and Kendall)—you guys are the whole reason we have such a successful newspaper.

Thank you for letting me toss your topics around every Sunday, for letting me ramble on about nothing important, for giving Sacred Heart students a voice, and for keeping up with everything that’s fresh and new because I clearly don’t know what’s cool anymore.

Dante and Roberto, you guys are the reason our 10-hour Monday production days are worth it. Thanks for dealing with some of the lunacy of getting these 750 copies out there into the world.

To Faye, Eric, and the Public Relations team, the true wizards behind the curtain—without you guys and your incredible skills of persuasion, we’d never be able to make connections with different companies for advertising and event planning. Thank you for making us relevant.

Gabe, Hailey, Tim, and Emily, my true graphic design saviors—we quite literally would not have a newspaper without your indescribable graphic design skills. Thank you for filling our white spaces, and special shout out to Gabe for wrapping graphics

around text like no one else ever could.

Lex, Zach, Eve, and Keely, the true English language professionals—thank you guys for reading the same articles about 600 times each in search of errors or the dreaded comma misuse. You guys are the reason The Spectrum has been almost error-free for a whole semester (besides the infamous “Word News”).

Tessa, Evan, and Photo Queen Missy (who is also now a copy editor, a graphic designer and a part-time writer, rumor has it), you guys are what bring this paper and the website to life. Words are nothing without pictures, and despite all the yelling and the seemingly eternal Monday nights, we would not be able to do what we do without you three.

And last but not least, Giovanna and Bryan. There’s really nothing like calling Trumbull Printing at 9:30 p.m. and being told to wait 20 more minutes before being able to leave. I think that just about sums it all up.

Overall, we’re coming off of an incredibly strong first semester. While I’m not really sure what’s coming up next for us, I am sure that The Spectrum would be nowhere without you, our loyal readers. Thank you for picking the paper up and reading what we have to say every week. See you all right back here in January.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copy-right for any published material. We are not responsible for the opinions of the writers voiced in this forum.



# Features

## Tell Us Your Story: Frankie Scarano

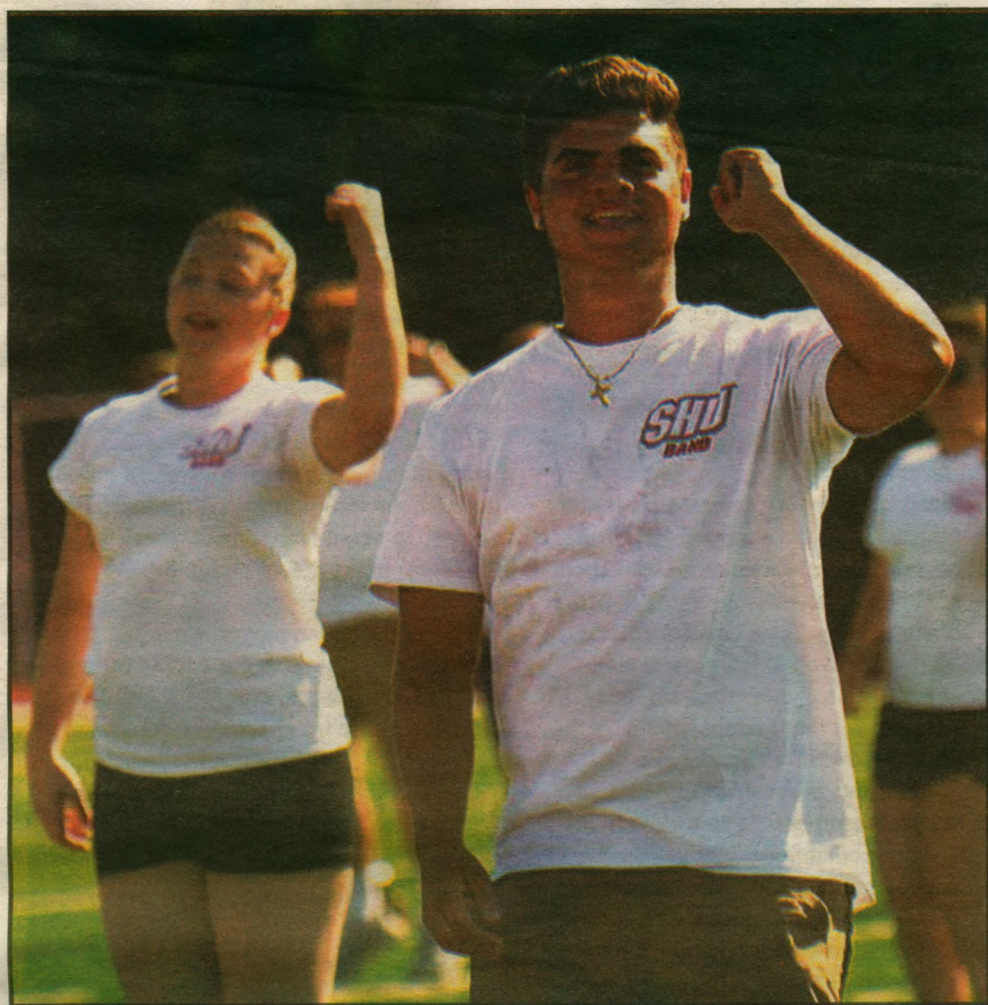


PHOTO COURTESY OF FRANKIE SCARANO

SCARANO IS HIGHLY INVOLVED AT SACRED HEART AND IS A BROTHER OF OMEGA PHI KAPPA, MEMBER OF THE ITALIAN CLUB, UNIVERSITY BAND, BALLROOM DANCE, AND RESIDENTIAL LIFE.

BY NICOLE D'ANDREA  
Staff Reporter

Francesco Scarano, senior, who usually goes by Frankie, is from North Haven, Connecticut. He found himself very involved in many on campus activities over his past four years at Sacred Heart University.

"I fell in love with the campus as soon as I visited for the first time. Sacred Heart was a perfect school for me because it was not too big, and it felt right," said Scarano.

Scarano's involvements on campus include being President of Omega Phi Kappa (OPK), Italian Club, University Band, Ballroom Dance, and Residential Life.

Because he is so involved on campus, Scarano has had the opportunity to see students get more involved on campus.

"I consider myself to be an individual who gets his happiness from seeing other people happy, and I am able to make a difference throughout campus, by just being myself," said Scarano.

He is the Senior Resident Success Assistant (SRSA) at The Ridge, and lives in one of the townhouses.

In addition, in being President of OPK, Scarano takes on a lot of responsibilities for the fraternity.

"Everyone that I have met at Sacred Heart has made an impact on me, even if it was just a thirty-second conversation; as all of my encounters have turned me into the person that I am," said Scarano.

Scarano also plays the trumpet for the University Band.

Scarano's involvement in Ballroom Dance and the Italian Club have allowed him to stay close to his Italian roots.

"I can speak fluent Italian," said Scarano.

Scarano also has a younger sister, Maria, who is a freshman Sacred Heart.

While club involvements are a passion for Scarano, so is academics. Scarano is a Biology major, with a double minor in Chemistry and Italian.

"I knew that I would be able to better myself and make an impact if I came to Sacred Heart," said Scarano.

Biology has given him the opportunity to gain more experience through internships and doing his own research.

"It also helped me to find the love of my life, so Sacred Heart has definitely exceeded my expectations," said Scarano.

Scarano is also heavily involved in off campus activities. He often volunteers and helps out with younger children playing soccer, a sport he loves.

Aside from activities, Scarano is interested in traveling to different countries.

He has been to four different countries including Italy, Canada, Spain, and Ireland.

Over winter break he has plans to travel to Germany and the Czech Republic with the band.

"One day my goal is to travel the entire world," said Scarano.

Sacred Heart has allowed for Scarano to grow as a leader with the opportunities it has given him.

"I was able to call this place my home away from home and get really comfortable with everything after a short period of time," said Scarano.

## Sacred Heart Students Contribute to Project in Ansonia

BY HENRY INDICTOR  
Staff Reporter

Four students at Sacred Heart University have made significant contributions to the nearby town of Ansonia, Ct, in an attempt to help improve the town's conditions, by implementing their creative ideas.

The concept of this project was spearheaded by Associate Marketing Professor, Joshua Shuart, who lives in Ansonia, and has been working part time in town halls getting to know some of the city officials as he tries to help his community.

"We aim to provide our Sacred Heart students with a challenging real world project, one where they are in the drivers seat, and ultimately responsible for their success or failure," said Shuart. "The reality is that I am always more concerned with the team following a process than I am with any ultimate outcome, so just going through the process produces an academic victory."

The project also gave students the hands-on experience that would benefit them in the future.

"If ever there was a perfect place to go down the proverbial rabbit hole, it is with a project such as this one. I would be willing to bet that these four students are now the preeminent experts on brownfields and remediation on the entire Sacred Heart campus," said Shuart.

The students know that they took on a great opportunity when participating in this project and they see Shuart's influence and leadership in improving their local community.

"Educationally, he's helped us a lot because he's been giving us a decent amount of reading and research materials to work with, and he's giving us just enough instruction to help us, and then has us come up with things. And I think that's really beneficial to students, because he's not giving us all the answers, he's letting us learn and he'll give us his insight, and it's more constructive for learning. He's been a big help in everything," said senior Samantha Jackson.

Jackson, a business management major at Sacred Heart, is also a local resident from Trumbull, Conn.

So, she felt compelled by the idea of helping to improve an environment that attracts more people to her home state.

The project is part of Sacred Heart's Problem Based Learning Lab class, and it was a choice that Jackson chose along with senior Brendan Walsh, Nicolette Black, and junior Julian Linke.

"Our main goal is to refurbish Ansonia to make it more attractive to younger individuals. The route we're going for right now, is a brownfield, which means 'empty space,' like the empty space in old industrial buildings," said Linke.

"What we want to do is put a sports complex in that building, and a few other add-ons, to make it more attractive for younger people who want to come to Ansonia, and make them want to stay," said Linke.

One of the important aspects of the project, is the emphasis on teamwork and all four of the students have each divided up the responsibilities in their attempts to make their vision a reality.

"We had a meeting with Dr. Shuart a few weeks ago, and we came in with a presentation, when he wasn't even expecting a presentation. He didn't know we were going to conduct one, but we kind of thought that it would be a better way to present all the information we had for him, and he really liked it," said Jackson.

For the students and Dr. Shuart, it has proven to be a new kind of learning experience, and they have had some significant takeaways.

"I think above all, the students gained a great appreciation for municipal finances, and government. That angle of this project will provide a unique takeaway for the them," said Shuart.



CT POST

FOUR STUDENTS AT SACRED HEART UNIVERSITY HAVE MADE SIGNIFICANT CONTRIBUTIONS TO THE NEARBY TOWN OF ANSONIA.

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# Features

## Food Review: JP's Diner

BY DIANA LENTO  
Staff Reporter

When JP's Diner opened, there was a great deal of excited anticipation to see what this new dining spot on campus would have to offer.

Since the diner officially opened in early November, there has been quite the demand for the much anticipated burgers, omelettes, and grilled cheeses, among other delectable meals that are offered on the menu.

The outside of the diner has appeals to the typical 50's retro theme, with silver and red flourishings. Because of the holiday season, the diner is currently decorated for Christmas.

The windows display some delightful festive Christmas wreaths. There are many booths inside the diner along the windows where people can sit and enjoy each other's company.

There are also two sizable televisions inside playing some Christmas classics.

Of course, for the people who just want to enjoy a cup of coffee on the go, the bar stools offer a convenient, yet pleasant, seating option. The diner is spacious and allows for groups from one to ten to enjoy themselves in a comfortable environment.

The decor was tasteful, displaying the school colors on the seats of the booths, floor, and the ceiling. Sacred Heart's crest was embellished on the back of the single seats.

Because of the excitement that preceded the grand opening of the diner, there is often an hour-long wait to be seated. I was with a friend and we placed our order with the cordial wait staff.

We ordered a grilled cheese, a chocolate milkshake and a west coast omelette.

Our grilled cheese was quite appetizing. The bread was perfectly toasted with the swiss cheese.

I was able to share an omelette and the grilled cheese with my friend.

The omelette was fluffy yet substantial. The avocado and salsa, which were served as a garnish, is such a detectable taste combination and an ideal complement to the dish. The heat of the salsa was cooled down by the avocado and the eggs. A large serving of hash browns accompanied the omelette, perhaps a welcome portion for those with larger appetites.

The chocolatey rich milkshake was perfectly sweetened, causing us to promptly order another one.

Initially, a few difficulties were reported at the earliest stages of JP's development. Most students have reported pleasant experiences. Some students have felt that the diner wasn't the best, by receiving a burnt waffle or a burnt burger.

However, the general concensus on campus is that many students have given JP's a high rating. This diner is a unique addition to our campus. Not many universities can boast that they have such an establishment right on campus. Its setting makes it a perfect meeting place for students, professors, and visitors.

But as to my own personal experience, I found that the diner is overall a great environment and a comfortable place to sit and enjoy a meal. The food is delicious and I wish I had a meal plan so that I could eat there more often.

I would recommend that every Sacred Heart student at least goes and experiences the diner at least once, it's something new on campus, so you have to see it for yourself.



DIANA LENTO/SPECTRUM

STUDENTS HAVE BEEN ENJOYING JP'S DINER, THE NEWEST ADDITON ON CAMPUS, FOR THEIR FUN DECOR AND VAST MENU.

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# Arts & Entertainment

## “Midnight Cabaret” in the Edgerton Center for the Performing Arts

BY KRISTIN BURNELL  
Staff Reporter

Sacred Heart University's Dance Program showcased their “Midnight Cabaret” show in the Edgerton Center for the Performing Arts on Friday, Dec. 1. The performance consisted of the Dance Company, Dance Ensemble, and the Hip Hop Production Class.

“Being a Captain this year made the show much more special,” said senior Photo Editor for The Spectrum and Show Coordinator for the Dance Ensemble, Missy O'Rourke. “I am very proud of all of the dancers in the Dance Program for putting on such a great show.”

The show started with an upbeat jazz and ballroom style dance, titled “Sax in the City.” It was performed by the Jazz I class. The routine highlighted dance skills between partners as well as advanced tricks.

“I knew as soon as I watched the opening number, the show was going to be very entertaining,” said sophomore, audience member, Mary Magliozzi.

The performance continued with more dances which featuring other dance styles: tap, ballroom, and hip hop. Each routine followed a classy flair of a cabaret theme.

According to the Edgerton Center's website, the performance honored the tradition of cabaret style dance—all choreographed by students or professional choreographers.

“The theme was incorporated into the show pretty much through the decorations on stage, as well as the different lighting used throughout the performance,” said senior Dance Ensemble member, Kristyn Velez.

“Midnight Cabaret” was the first of three shows, all a part of the Dance Program's three day Winter Concert Series.

Presented by the Dance Company, “Mosaic” took place on Saturday, Dec. 2. The series concluded with “Winter Soulstice” on Sunday, Dec. 3 and featured the Irish Dance Ensemble, Hip Hop Production Class, and other groups within the Dance Ensemble.

“We picked dances that went along with the winter type of theme, as well as a cabaret

style,” said Velez.

“Show Me How You Express” was a burlesque/jazz styled dance that tied into the cabaret theme. The production featured hard-hitting technical skills amongst the dancers who stayed synchronized throughout the piece.

“I loved the burlesque piece and the ‘Payback’ dance number,” said sophomore audience member Julia McLaughlin. “They were both very impressive and the dancers were amazing.”

“Payback” featured the Dance Company and displayed hip hop moves all throughout the number. The audience loved the fun, fast paced dance as they clapped along to the beat.

“The atmosphere and being around all of the dancers was what I enjoyed most about the show,” said senior Dance Company member Rosalita Cormier.

Many audience members were on the edge of their seats throughout the show and were thrilled by all of the dances performed.

“Each number brought something different to the performance and I liked watching each dance group,” said Magliozzi. “There was a lot of talent shown on that stage.”

“Midnight Cabaret” concluded with the Hip Hop Production Class's number of the night, “4 the Millennium,” displaying striking ripples and unique solos.

“I loved everyone's positive energy and getting to bond with people you did not think you would bond with,” said Velez. “I loved it so much and being apart of this dance program is one of the many things I love about going to Sacred Heart.”



PHOTOS FROM THE DANCE PROGRAM SHOW “MIDNIGHT CABARET” WHICH FEATURED PERFORMANCES FROM THE DANCE COMPANY, DANCE ENSEMBLE, BALLROOM DANCE ENSEMBLE, HIPHOP PRODUCTION CLASS, AND JAZZ I CLASS.

MISSY O'ROURKE/SPECTRUM

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# Arts & Entertainment

## Band Program to Take Audience Members on a “Holiday Voyage”

BY ARIANA COLASUONNO

Staff Reporter



EDGERTON CENTER FOR PERFORMING ARTS WEBSITE

THE BAND PROGRAM WILL BE HAVING THEIR ANNUAL CHRISTMAS CONCERT ON DEC. 9 WHICH WILL HAVE SONGS TO REFLECT A NUMBER OF THEMES. (PICTURED: SENIOR ANTHONY RUSSO)

On Dec 9, Sacred Heart's Band Program will be having their annual Christmas concert: "Holiday Voyage."

However, this concert isn't like previous concerts the Band Program has had in the past.

"There isn't a concert title, per se," said Director of Bands Keith Johnston. "The musical common thread for most of the works revolves around joy, reflection and transcendence. Other pieces reflect the great American band tradition, the great music of the area, and music that blends traditions."

The band will be performing different songs to represent and carry out each of the themes.

"All of our songs intertwine in some way," said senior Michael Fritz. "Albeit, with the same theme or similar sound, especially the final two pieces. The audience is more or less going to hear four pieces that carry an overall theme, rather than four separate songs being

played."

The band will be performing a total of nine songs.

"The first part opens with Alfred Reed's 'A Festival Prelude,' one of the great classics of band literature. We follow that with a piece called 'Joy,' composed by Bridgeport native, Joseph Curiale," said Johnston. "The first part ends with Robert W Smith's 'The Divine Comedy,' an epic symphony for band... We're doing the last two movements from this work: 'Ascension' and 'Paradiso.' These pieces are absolutely glorious, and fill your soul with hope," said Johnston.

The second part of the concert involves a chance for audience members to partake in the holiday celebration.

"The second part opens with two Mannheim Steamroller Christmas pieces: 'Celebration' and 'Fanfare and Hark! the Herald Angels Sing,'" said Johnston. "After that, we give the audience a chance to join in the fun with our annual Christmas Sing-A-Long, ending with 'Sleigh Ride.'"

Many members of the band are excited for this concert, due to the amount of hard work they've put into it.

"I am excited to perform in the concert and play the pieces that we've been working on as we transitioned from marching band season to concert band" said senior Nicholas Rivera.

In the midst of their transitional period, the band will be embarking on a ten day European tour.

"Our tour lasts for 10 days and includes stops in Vienna, Salzburg and Prague. We'll be giving four concerts in conjunction with some well-known bands from Austria and the Czech-Republic, as well as giving a concert for a local school in Austria," said Johnston. "I've wanted to take the band here for many years, and I'm thrilled that 65 band members are traveling on this: the band's fourth international tour."

Most of the band members who are going on the tour are excited for the experiences that lie ahead.

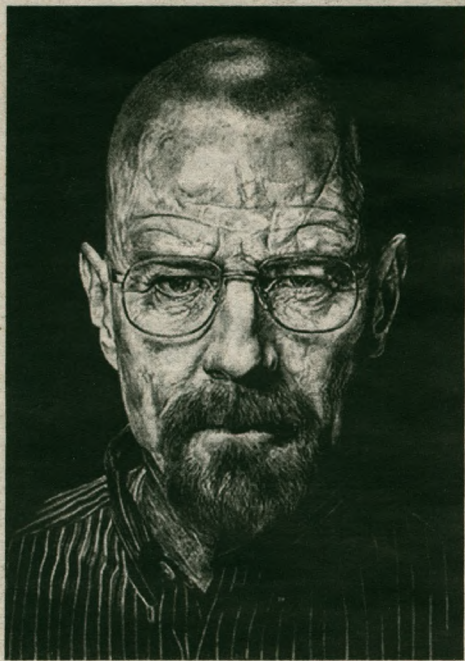
"I'm extremely excited because this is my second international tour with the band," said senior Frankie Scarano. "Along with getting great experience playing overseas for a crowd more than excited to hear us, we will be getting a cultural experience and get to see some of the beautiful history of other countries."

Before they go on their tour, the band wants to encourage everyone to come out and see their final live performance of the 2017 Fall Semester.

"If you haven't taken the time to come hear the band in concert, try your best to do so, because it is a great concert and an awesome experience looking from the other side," said Scarano.

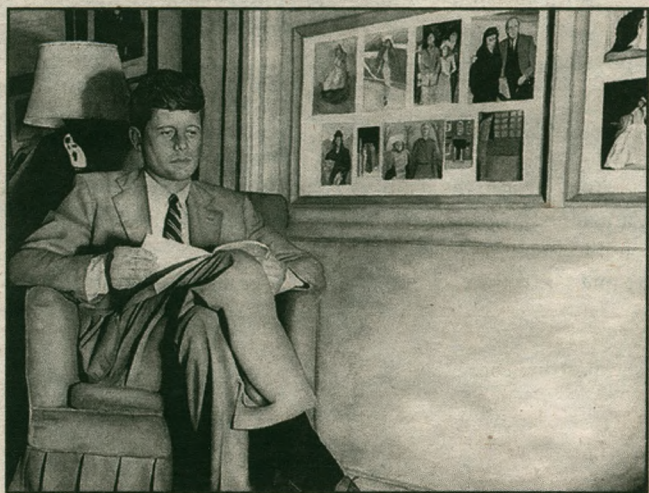
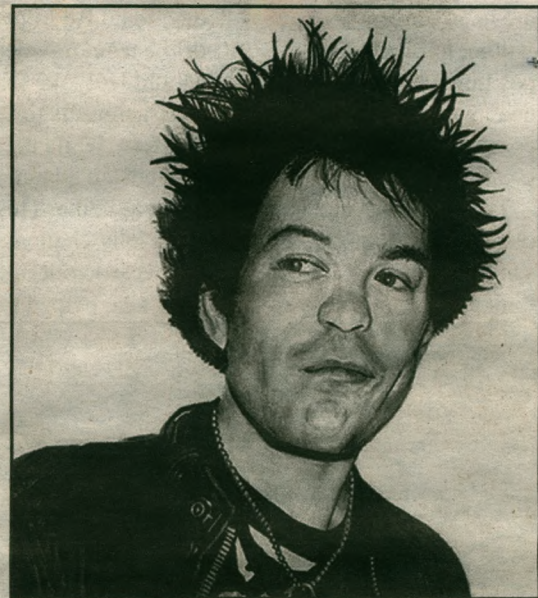
"Holiday Voyage" will be taking place in the Edgerton Center for the Performing Arts on Saturday, Dec. 9 at 7 p.m.

## Four Sacred Heart Students Accepted into Society of Illustrators of Los Angeles

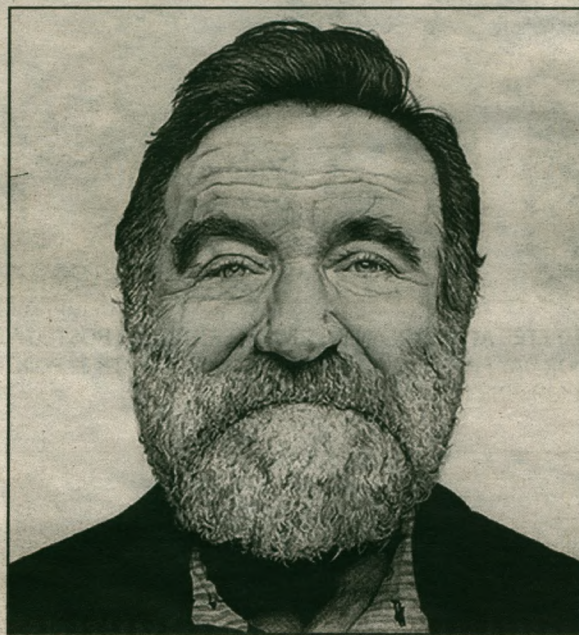


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Williams by  
Anna Leone  
- graphite



# Sports

## Equestrian Finishes Fall Season as High Point Team

BY RYAN SANUDO  
Staff Writer

On Nov. 19, the Sacred Heart University Equestrian team finished as the High Point team, on Senior Day. The group tied for High Point in the first competition of the day, and went on to win the second competition of the day against Mt. Holyoke College by six points.

Coach Tiffany Hajdasz has a soft spot for the seniors, and knows how much it means to them.

"We played all of our seniors that day," said Hajdasz. "Our seniors, as well as our underclassmen, were inspired to do well for each other, so they could have a lasting memory."

The team has three days of competitions where the players are competing at different events in separate locations. Hajdasz praises the team's resilience against unfamiliar territory.

"Every season is different, and presents a new set of challenges which can make balancing the roster challenging," says Hajdasz. "Our student-athletes are team players and are willing to play whatever position we need, which enables us to plan our competition rosters strategically."

Their have been obstacles for the group which senior, Kassandra Bayles, thinks the team has over-

come.

"I think the toughest meet for us was the first time we had a Hunt Seat show, and a Western show, on the same day," said Bayles. "It was hard having the team split up and down a few people."

Unfortunately, the team has caught illnesses along the way.

"We mostly have been plagued by illnesses, and not injuries," said Hajdasz. "The typical seasonal viruses have been prevalent amongst our student-athletes this semester. We pulled back on some of our activities to allow our players additional rest and time to recover."

On Dec. 3, the team wrapped up their fall season. The Hunt seat squad placed third behind Fairfield and Trinity. Senior, Isabel Rodriguez, specifically pointed out that the event was a difficult task for the team.

"Our roster consists of about thirty girls, and we had three horse shows that day," said Rodriguez. "Half of the team traveled up to Mount Holyoke College in Massachusetts to compete Western, while the other half hosted a Hunt seat show at home. This was especially challenging for us, because out of the 14 girls who helped to host the

show, 12 of them were also showing."

The team practices a minimum of twice-a-week, and workout three times per week. Rodriguez is impressed with her teammates motivation to practice.

"The amount of dedication that every student athlete on the equestrian team must possess, is incredible," said Rodriguez. "But as the year goes on, all of our hard work and dedication is evident in our scores, and in the commitment shown by the team in our practices. The best feeling that you can have leaving a competition, is knowing that you did your best, no matter what color your ribbon is."

Hajdasz and her team have set goals they hope to accomplish for the remainder of the season.

"One of our team goals, is to qualify as a team for post season, in both Hunt seat and Western," said Hajdasz. "So far our team is leading our region in both hunt seat, and western competition. We would like to lengthen our leads and ease the pressure heading into our final competitions of the regular season."

The Pioneers will begin competing in the Spring on Feb. 3, where they will compete in a Western double header at UCONN.



SHU EQUESTRIAN HUNT SEAT COMPETED AT UCONN AND THE WESTERN SQUAD HOSTED A DOUBLE HEADER ON SUNDAY ON SENIOR DAY FINISHING AS HIGH POINT TEAM IS WITH 32 POINTS. MOUNT HOLYOKE WAS RESERVE HIGH POINT TEAM WITH 26 POINTS.

## Club Ice Hockey Moves Into Second Half of Season



SACRED HEART CLUB HOCKEY INSTAGRAM

PICTURED: SENIOR ROCKY COVIELLO AND JUNIOR JACK PARDUE.

BY JOHN FLANIGAN  
Staff Writer

This past weekend, the Sacred Heart club hockey team ended the first half of their season. The team is entering the winter break with a record of 7-5-2 in 14 games from October, to November.

Rookie head coach, Dave Jurasek, said the coaching staff as well as the team were, "very happy with the performance. Winning always feels great, and there hasn't been a team thus far this season that we haven't skated with."

Sacred Heart was able to record a point in their first seven games, winning six out of seven games. This streak included a 4-2 win over conference opponent Marist College, the No. 9 team in the rankings.

"The benefits of experience proved to be massive in the first third of the season. To grind out some of those wins the way we did was crucial for getting our new and returning players on the same page," said senior defenseman, Michael Blando.

However, the winning streak was lost on October 28, as Roger Williams University, the No. 1 team in the rankings, defeated Sacred Heart 3-1.

The team then lost a string of tough games as they found themselves riding a five-game losing

streak, bringing their record to 6-5-1.

"We lost some hard fought battles against some of the consistent top contenders in the Northeast Conference, including William Patterson, Keene State, and New Hampshire," said Blando. "This showed us the level we need to play at, on a consistent basis."

In a hard fought 4-2 win, Sacred Heart defeated Montclair State University, on Nov. 17, to get back to their winning ways.

Junior, goalie, Brandon Rozzi, made 26 saves en route to his and the team's seventh win of the season.

"It felt really good to get that solid win over a conference opponent, and snap that long losing streak," said Rozzi.

Senior, Rocco Coviello, scored three-of-the-four Sacred Heart goals, including a hat-trick.

"Montclair State, is notoriously known for being a gritty team. To go to their rink and earn a win was huge, especially after working hard and coming up short for five games. The physicality of that game helped us come together as a team that night," said Blando.

Last season, the team advanced to Regionals, but fell to Eastern Connecticut State University, 6-2. In

the offseason, the program made some major changes towards legitimizing club hockey as a top team in the American College Hockey Association Division II.

"The additions of our head coach Dave Jurasek, and our assistant coach Geoff Dumas, has already been greatly beneficial to how the team operates," said Blando.

The team also switched conferences from the NECHA conference, to the Super East, which can be considered as the most competitive conference at the Division II level.

"The ability to play top teams on a consistent basis under the leadership of two coaches that are passionate about taking this team to the next level, will be a massive benefit for the team's future," said Blando.

As far as the rest of the season, there are a few things Jurasek says the team needs to improve upon.

"Offensively, we need to be stronger with the puck, and shoot every opportunity. Defensively, we need to hold our positions, while maintaining faith that our teammates will hold theirs," said Jurasek. "We already have the talent and the ability, we now just need the patience to play within the system."

As far as returning to Re-

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# Sports

## Club Football Wins National Championship

BY OLIVIA MITTLEMAN  
Staff Writer

The Sacred Heart club football team finished their season undefeated as they won the National Club Football Association (NCFA) National Championship, on Saturday, December 2.

The Pioneers traveled to West Liberty University, where they beat the Eagles of the University of Fort Lauderdale with a score of 21-18.

The Pioneers earned their ticket to the NCFA National Championship game for the first time in program history, after upsetting defending champions, Oakland University 28-6.

“This is going to be a good test. If we play our game the way we have practiced, then we have a great chance at achieving our goal,” said head coach, Gregory Jones.

According to the NCFA website, the NCFA is the only Collegiate Club Sports Leagues certified inter-collegiate club tackle football league in the United States. The NCFA is made up of 26 teams across the United States.

Remaining undefeated all season, the players have mentioned previous to the championship game, that the key to their success all season stemmed from their defensive performance each week.

“The key to our success is how well our defense performs under any condition,” said junior, Mark Barranger. “No matter how hard it is, we always work through it, and we have become very solid on the defensive side to the game. That is what has gotten us this far.”

Playing this game really means a lot to the players involved. Even with it being a club sport, each player dedicates their time and effort to perform better every time that they step on the field.

“Everyone has shown up to practice all season,” said senior captain, Brian Moore. “We come together as a team, we focus, and we work hard, because we all have the end goal of reaching the National Championship.”

Playing in the NCFA, gives players a competitive field to play the sport in which they love, without the pressure



THE SACRED HEART CLUB FOOTBALL TEAM FINISHED THEIR SEASON UNDEFEATED AS THEY WON THE NATIONAL CLUB FOOTBALL ASSOCIATION (NCFA) NATIONAL CHAMPIONSHIP ON SATURDAY DEC 2.

of the high demands of a Division I atmosphere.

“We can still play the game that we love, but it is not overwhelming,” said senior captain, Chris Criscuolo. “It is not something that we need to focus on all day. Without taking time away from school work, we are still able to dedicate plenty of hours of the day to play, and strive to reach our ultimate goal.”

Jones said that the team chemistry is very strong. He has never been around a team that is as close as this year’s team, in that they go everywhere together.

“This has been the most fun team I have ever played on, and the best team I have ever played for. If we win this, it would mean so much to me,” said Barranger.

For the seniors on the team, this was the last game of

their careers, so taking home the championship title meant something even more special.

“I have been playing this game all of my life, so it is definitely a key part of my life. I was fortunate to continue playing through this year,” said Criscuolo.

Jones said that the team was ready for the game after watching a lot of films, which prepared them in practices for a team that is dynamic, like Fort Lauderdale.

“We just have to do what we know works best for us, work hard, and come together as a team, and in return, we should put up a good fight to win this game,” said Moore, and they did just that.

2018  
Winter Intersession

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Winter Session A:  
December 18 – December 29

CH-130-AO	CHEMISTRY OF NUTRITION
CJ-232-AO	POLICE COMMUNITY RELATIONS
CM-101-AO	INTRO TO MEDIA CULTURE
CM-299-AO	SP TOPICS IN COMM & MS
MK-201-AO	PRINCIPLES OF MARKETING
PH-221-AO	HISTORICAL DEVELOPMENT OF PHIL
PO-243-AO	TERRORISM
PS-110-AO	INTRODUCTION TO PSYCHOLOGY
PS-201-AO	RESEARCH DESIGN & ANALYSIS I
PS-211-AO	HUMAN SEXUALITY
PS-351-AO	BRAIN AND BEHAVIOR
SM-265-AO	SPORT MARKETING
TRS-265-AO	INTRO TO WORLD RELIGIONS

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Winter Session B:  
December 18 – January 12

BI-103-A	THE HUMAN BODY
CJ-246-AO	ORGANIZED CRIME
CM-257-BO	WOMEN & ADVERTISING
EC-202-AO	PRINCIPLES-MICROECONOMICS
EC-203-AO	PRINCIPLES - MACROECONOMICS
FLO-125-AO	THE ART OF THINKING
HI-102-AO	WEST. CIVIL.: SINCE 1500
HI-223-AO	US HISTORY SINCE 1865
MGT-375-OL	OPERATIONS & SUPPLY CHAIN MANAGEMENT
MU-102-AO	HISTORY OF JAZZ
MU-110-AO	WOMEN IN MUSIC
PH-290-AO	FOUNDATIONAL TOPICS IN PHILOSOPHY
PS-241-AO	PSYCHOLOGY OF PERSONALITY
PS-295-AO	HEALTH PSYCHOLOGY
TRS-290-AO	SP FOUNDATIONAL TOPICS IN TRS
TRS-361-AO	WOMEN IN ISLAM



Winter Session C:  
January 2 – January 12

CH-120-AO	DRUGS & THEIR IMPLICATIONS ON SOCIETY
CJ-242-AO	WHITE COLLAR CRIME
CM-101-CO	INTRO TO MEDIA CULTURE
CM-299-CO	FASHION ADVERTISING
DA-100-CO	INTRODUCTION TO DANCE HISTORY
EX-255-AO	NUTRIT. ASPECTS/HEALTH & PERFORMANCE
EX-299-AO	SPECIAL TOPICS IN EXERCISE SCIENCE
EX-399-AO	SEMINAR IN EXERCISE SCIENCE
MGT-202-AO	ORGANIZATIONAL BEHAVIOR
MK-205-AO	ADVERTISING
MK-237-AO	SOCIAL MEDIA MARKETING
PH-221-BO	HISTORICAL DEVELOPMENT OF PHIL
PH-315-AO	PHILOSOPHY OF GENDER
PS-212-AO	ABNORMAL PSYCHOLOGY
PS-252-AO	CHILD DEVELOPMENT PSYCHOLOGY
PS-335-AO	HUMAN & ANIMAL LEARNING
SO-110-AO	SOCIOLOGICAL IMAGINATION
TRS-204-AO	LETTERS OF PAUL
TRS-232-AO	CHRISTIAN SPIRITUALITY
TRS-265-BO	INTRO TO WORLD RELIGIONS



# Sports



THE SACRED HEART WOMEN'S TRACK & FIELD PROGRAM OPENED THEIR SEASON AT BOSTON UNIVERSITY ON DEC 2. (PICTURED, SENIOR TARA CONNELLY.)

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